



Procrastination & Perfectionism

Two Sides of the Same Anxious Coin

January 24, 2019
7:00 p.m.

MusikGarden Studio
907 S. Lombard Ave,
Oak Park

This Chicago Gifted Community Center invites you to join us for this presentation and round table discussion led by Brandon Tessers.

There are few things more frustrating and painful than watching our children struggle with perfectionism or procrastination, knowing they are not executing at the level of which they are capable. The good news is that these behaviors are not ingrained. In fact, they are symptoms of something else. Something that can improve. In this presentation, a counselor who specializes in working with gifted children will explore the underlying, root causes of perfectionism and procrastination and their relationship to anxiety, skill gaps, and asynchrony. Attendees will learn strategies to use in helping gifted children overcome these harmful behaviors.

Brandon Tessers is a Marriage and Family Counselor at the Center for Identity Potential in Park Ridge, Illinois. He has worked with teens, young adults, and their families for over 10 years as an educator and counselor. He has particular expertise in working with individuals and families struggling with issues related to technology and video games, and specializes in working with gifted individuals, artists, and atypical learners.

Registration is required for this free event: chicagogiftedcommunity.org/event-3081811.

If you wish, a donation may be made during registration or in cash at the studio to support the venue. Please consider joining CGCC to help us make these and other events possible. Annual membership is \$25. Fee waivers are available, contact info@ChicagoGiftedCommunity.org for more details.

chicagogiftedcommunity.org

The Chicago Gifted Community Center is a 501(c)(3) with the mission to facilitate the educational and emotional support for gifted Chicago and their families.